Exhibit F

Screenshot 1 (9:32, September 15, 2023)

Yesterday
Nice feet

What do you want Ben - all constant messages no business? I cannot make it clear i do not give a fuck enough so... What?

Today

Janie
Cor this isn't cool

U cannot write shit like that to him 2:29 AM

He's our client here and is important to us 2:30 AM

I wouldn't write that shit to one of your latam clients 2:30 AM

He's given us loads of JHT - which is a US product and has been our biggest

Screenshot 2 (9:32, September 15, 2023)

He's given us loa Today IT - which is a US product and has been our biggest client this expiry 2:31 AM

Not cool at all you send shit like that to him 2:31 AM

Danielle
Cor I totally get this has been the worst expiry and he's done been going out of his way to Fck u (he's done it to me on all the contracts I said to him I was trying to help build a profile on too ZWL/ QBS/ ZTB) I went out with him loads and it didn't help. I totally get your frustration and hatred for him.
But he facilitates bizz on our orders even day to day on meS and he's a huge client, kills me to say this but we do need him.

I know you won't want to do this, but I think maybe just send something like...

Sorry Ben you caught me at a very drunk, upset moment last night, hasn't been the best expiry and I lashed out. Just been tough on me and I guess I thought we were friends just didn't expect you to avoid trading with me. 2:52 AM

Screenshot 3 (9:32, September 15, 2023)

Today 2:52 AM

Janie
No I wouldn't say even that 2:53 AM

Let's Bear in mind we have missed Latam to everyone 2:53 AM

And we aren't sending abuses messages to Lola here 2:54 AM

I would say

Sorry Ben you caught me at a bad moment last night
I had an awful expiry on Latam.
And guess had hoped you might help me out on that. But that's not your problem.
So am sorry for lashing out 2:55 AM

And to be clear

Ben was our biggest client this expiry I reckon.
He did multiple trades with us.
ZTW
ZTY
RSW
JHT
ZRP

I'm sorry he didn't do ZUL but I don't

Screenshot 4 (9:33, September 15, 2023)

Today
I'm sorry he didn't do ZUL but I don't think you helped yourself in the run up by not playing the game. 2:57 AM

And if you don't help yourself - it doesn't help us either

Things like
Mfs
Mes
ZUL

Am I ever gonna see an order from him now after that message? 2:57 AM

Will it impact our other shit?
And you cannot categorically say no it won't as you don't know that.
He could well do that to punish you in the same way when barc have an issue with another desk they pull the line or all of the icap desks in equities 2:58 AM

Danielle
Janie
I would say
Sorry Ben you caught me at a bad moment last...

Ye this works too less emotional 3:01 AM

Janie

Screenshot 5 (9:33, September 15, 2023)

Janie
And finally I feel in a way better spot with Ben

Pls do not show any prices in that chat for now Especially the mes rbe thing unless you make up 3:05 AM

As I cannot let him feel that's your interest or we defo getting dicked 3:05 AM

In fact you will need to put mes and mfs in there otherwise he will think we know 3:12 AM

I'm not trying to fuck you guys 3:45 AM

That's why I've not spoken to him 3:45 AM

But i can't deal with it anymore 3:45 AM

I don't think that's an abuse question 3:46 AM

I think what he's doing is abuse 3:46 AM

If Lola was sending you this shit to be quite honest I'd support whatever you wanted to send back to her 3:46 AM

Screenshot 6 (9:33, September 15, 2023)

Today
Janie
Cor you are in the wrong here
But we will speak later 3:46 AM

Sure 3:48 AM

I'll speak to the boys too 3:48 AM

I've already spoke to Bryan 3:48 AM

But I don't want to deal with him anymore 3:48 AM

It's really tiring 3:48 AM

Constant messages 3:48 AM

Janie
Not sure what it's got to do with the boys but if you want to tell them fine 3:49 AM

Can't imagine they will agree with you sending that to one of our clients tho 3:49 AM

And then coming in and having to speak to him on the hoot Fucking with me 3:49 AM

I'm sorry if that put you in a bad spot 3:49 AM

Screenshot 7 (9:33, September 15, 2023)

I'm sorry if that put you in a bad spot
Today 3:49 AM

Tbh i think worse has been said 3:49 AM

Than asking him why he keeps messaging me 3:49 AM

And doing no business 3:49 AM

Chats
Q Search
Broadcast Lists   New Group

MSCI MATES
Lucca Burst
Danielle
Janie
Ben Waters
Healthy meals

Janie
All you are showing me is him constantly contacting you
You not responding
Then being surprised you are getting no

Screenshot 8 (9:33, September 15, 2023)

MSCI MATES
Lucca Burst
Danielle
Janie
Ben Waters
Healthy meals

Janie
All you are showing me is him constantly contacting you
You not responding
Then being surprised you are getting no Latam from him 3:51 AM

Anyway let's chat later 3:51 AM

I'm going to go back to bed 3:51 AM

I think I'll sit this one out today 3:51 AM

I'll speak to you guys Tuesday 3:51 AM

Janie
Erm no u won't 3:52 AM

Screenshot 1 — 7:11 — MSCI MATES

Janie: Erm no u won't 3:52 AM
I told you I'm off this afternoon 3:52 AM
Ok 3:53 AM
I'll speak to Ben 3:53 AM
Janie: Take today off 3:53 AM
I'm not fckin impressed tho 3:53 AM
I'll work 3:54 AM
Hahahah 3:54 AM
Cool 3:54 AM

Screenshot 2 — 7:11 — 2 People (BS, BK)

I'm going back to bed
Ben if you can make sure Thornton doesn't fuck up the three crosses there are this morning
Thank you
Ben Kingham: Ok
Thank you
Today 6:06 AM
Bryan Smith: Geeze
I didn't think what you sent was that bad tbh if the guys a huge dick but whatever ya need

Screenshot 3 — MSCI MATES

Janie: Has Ben responded to you? I would be very grateful if you could just write

Sorry Ben I was drunk and upset I had an awful Latam expiry. Sorry for lashing out, I realise that's not your problem. 8:22 AM

Or something similar 8:22 AM

Nope he hasn't 8:23 AM

I'll think about it , I told you guys so that you heard it from me first 8:23 AM

But to be quite frank Id rather just be removed from the chat. If that's drama can just leave me in there and carry on,

Screenshot 4 — 9:34 — September 15, 2023 8:38 AM

But to be q... Id rather just be removed from the chat. If that's drama can just leave me in there and carry on, he only responds to you anyway 8:28 AM

His constant messages, toying with me on Bloomberg and the hoot are harassment 8:29 AM

Im done with it 8:29 AM

Janie: That is very dramatic
And would only cause issues for us. You need to be blasting prices as normal.
I'll cover him.
But you need to be polite when he chats to you too 8:30 AM

Screenshot 5 — 9:34 — September 15, 2023 8:38 AM

I'll cover him.
But you need to be polite when he chats to you too 8:30 AM

I always am 8:30 AM
On bloomberg 8:30 AM

Janie: Yes so you need to continue as you were on bberg 8:30 AM

Sure I'll continue being professional 8:30 AM

Janie: Anything less is going to cause issues and he will punish me as a result 8:30 AM

Ty 8:30 AM

Screenshot 6 — 9:34 — September 15, 2023 8:38 AM

Today
The only reason he can still contact me is bc you asked me to unlock him 8:30 AM

So I did 8:31 AM
and hopefully now 8:31 AM
He gets the message 8:31 AM
And leaves me alone 8:31 AM
If you think it's dramatic sure 8:31 AM
But i think you'd feel different if he didn't pay you on anything 8:31 AM
I just don't want to deal with 8:31 AM

Screenshot 7 — 9:35 — September 15, 2023 8:38 AM

Today
I just don't want to deal with him 8:31 AM

Janie: He's just sent me a message 8:31 AM
Telling me he will be reducing my flow 8:31 AM
Nice one 8:31 AM

You can take one of two options

Pretend you don't know
Or tell him I'm being punished and removed from the chat 8:32 AM

The second one might be Great for b of us 8:32 AM

Screenshot 8 — 9:35 — September 15, 2023 8:38 AM

removed from the chat 8:32 AM

Today
The second one might be Great for both of us 8:32 AM

i can also report him to compliance if that helps 8:33 AM

save that message 8:33 AM

I hope it's on Bloomberg 8:33 AM

Janie: Forwarded
lol
What do you want Ben - all constant messages no business? I cannot make it clear i do not give a fuck enough so ...What?

Screenshot 1 (9:35, September 15, 2023, 8:38 AM)

Janie
→ Forwarded

lol

What do you want Ben - all constant messages no business? I cannot make it clear I do not give a fuck enough so ...What?

ok

Screenshot 2 (9:35, September 15, 2023, 8:38 AM)

→ Forwarded
And I certainly will be reducing flow in light of that   8:34 AM

Please screen shot it   8:34 AM
And send it to me   8:34 AM

Janie
No I don't trust you anymore   8:34 AM

I'm not sceeen shotting you anything   8:34 AM

I don't get why you protect h   8:34 AM

I can take that and literally submit that

Screenshot 3 (9:35, September 15, 2023, 8:38 AM)

I'm not sceeen shotting you anything   8:34 AM

I don't get why you protect him   8:34 AM

I can take that and literally submit that   8:34 AM

My message   8:34 AM

And his 700 unanswered ones   8:35 AM

To compliance   8:35 AM

Janie
What is wrong with u   8:35 AM

Are u trying to punish me   8:35 AM

He's done 4 yards with us this expiry

Screenshot 4 (9:35, September 15, 2023, 8:35 AM)

I'm not trying to punish you!!!   8:35 AM

I just want to be left alone by ben waters!!   8:35 AM

Janie
Well u are!!!   8:35 AM

Whatever is the best way to do that is fine by me   8:35 AM

perfect   8:35 AM

Janie
I'm getting less trades as a result of you and u want to go even further and report him to compliance   8:35 AM

Do u understand what that does to me

Screenshot 5 (9:35, September 15, 2023, 8:38 AM)

Janie
I'm getting less trades as a result of you and u want to go even further and report him to compliance   8:35 AM

Do u understand what that does to me   8:36 AM

Janie I'm sorry. Im sorry anyone has to deal with him, but hopefully you can remove me   8:36 AM

That should make him happy   8:36 AM

Janie
You aren't sorry   8:36 AM

It's very clear you are not sorry   8:36 AM

Say whatever you need to say and I'll go

Screenshot 6 (9:35, September 15, 2023, 8:38 AM)

Janie I'm sorry. Im sorry anyone has to deal with him, but hopefully you can remove me   8:36 AM

That should make him happy   8:36 AM

Janie
You aren't sorry   8:36 AM

It's very clear you are not sorry   8:36 AM

Say whatever you need to say and I'll go along with it   8:36 AM

Am i sorry I told Ben to fuck off ? No   8:37 AM

Am i sorry you have to deal with him? Yes   8:37 AM

Screenshot 7 (Janie)

Today
I've gone to see Ben this eve   3:56 PM

Not what I wanted to do today btw   3:56 PM

Nor did jakk want to work this afternoon either but anyway   3:57 PM

I've played a story   3:57 PM

He seems to feel bad for you   3:57 PM

And doesn't want me to cut you out chats   3:57 PM

He seems to reckon a bigger issue going on and he doesn't want a drama and we can sort it out   3:57 PM

My issue is I feel you will just go crazy at him if I say fine she is added back etc

Screenshot 8 (9:36, September 15, 2023, 4:07 PM)

and we can sort it out   3:57 PM

My issue is I feel you will just go crazy at him if I say fine she is added back etc   3:58 PM

At this point I've said to him I've told her not to contact you   3:58 PM

And he is saying I don't want this for her let's all calm down now   3:58 PM

Are you going to be bananas tho if he tries to see if you are ok?   3:58 PM

It was perhaps the fall out you needed a bit like me and him   3:59 PM

With all due respect he's probably just worried i escalate it   4:05 PM

Like I said, I'll be a professional as I have